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FERMENTING VOL. 3: MILK KEFIR



Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.You can add probiotic bacteria to your diet by making and drinking milk kefir. Milk kefir is a powerful probiotic beverage packed full of beneficial bacteria. It s made by adding kefir grains to milk (or many other non-dairy liquids) and letting it ferment for 24 to 48 hours at room temperature. The end result is a tasty...

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- Authored by Rashelle Johnson
- Released at 2013



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